

Food is best when it contains a variety of constituents. Phosphates supply the groth and waste of the bones; organic matter rich in gluten, albumen, legumen, etc., are the fleshformers, and matter containing sugar, starch or oil supply the carbon, or fat The food to be perfect must contain all the elements necessary for the objects sought.

Not Growing. Nut growing is profitable, but is requires years to bring a nut tree to well: hence only young farmers are a stage of growth where it will pay induced to devote land in that direction. Walnuts, chestnuts and butternuts will improve with cultivation, In a few years walnut trees will be so scarce that the farmer who has a grove will secure his own price therefor, the timber being exceedingly valu-

Keep the Cow Clean, While the udder of the cow should be washed at every milking, to insure perfect cleanliness of milk, yet the cow should be kept where she will be The dairyman who allows his stalls to be in such condition that the sides of the cows become plastered with filth and teats smeared with the muck of the stalls is guilty of neglect. The use of straw for several successive days and nights without change is a mistake. If shredded corn stalks and cut straw are put in the stalls every day, using only fresh material, there will be less labor to perform than when an attempt is made to economize with the use of old material.

Reep Only the Best.

It is poor business policy to keep any number of hens in the flock that have shown themselves unprofitable. A close observation will soon disclose the sluggards, and all such should at once be removed from the flock and prepared for the table. Old hens are always in demand for the table, and it does not pay to keep one that does not lay, especially during the winter months when grain must be purchased.

An experienced poultry man is soon able to pick out the layers, their general appearances indicating to the practiced eye their worth as producers of eggs. Those that lay have bright red combs, sparkling eyes, and a busy, hustling appearance, that denotes a useful life. The drones go around sluggishly, apparently contented to wait for feeding time, rather than search through the straw for scattered grains. Select all such, and by a few days' extra care, prepare them for market and let the surplus food be saved.-Home and Farm.

Reeping Sheep Free from Parasites.

Sheep are subject to a number of external parasites, most of which are spread easily. In order to prevent spread of the trouble, the sheep should dipped at least twice a year. If a flock become infected in any way, quarantine it at once so that it will not transmit the trouble to other sheep. Any of the dipping tanks so widely advertised is satisfactory, as also the prepared dips. The dip must be deep enough in the tank so that each sheep is submerged and obliged to swim several feet before getting out. See that the wool is thoroughly soaked and every bit of skin moistened during the dipping process.

During cool weather the dip must be kept hot by means of a small furor heaters prepared especially for this purpose. In using a dip be sure and select one that is free from anything which will injure the fibers of the wool or be poisonous to the sheep. Lime dips are apt to be injurcius and should be avoided. The dips should be kept at a temperature of from 100 to 110 degrees.

Care of Work Horses in Winter.

A great many farmers have a large number of horses which work hard during the spring season and during the autumn when the land is being prepared for fall crops or being full plowed for spring crops. As soon as this work is completed they have little or nothing to do until next season. Just how to take care of these horses during that period is a problem. One of the most serious features is the change from hard work to idleness without careful attention to feed. The farmer seems to forget that the amount of grain should be restricted gradually. If this is not done, indigestion will surely result. Give only a small feed of grain but let the animals have a liberal supply of roughage. If pasture is available, let them have some grass, but do not compel them to live only on green crops after a summer of dry, substantial feed.

There is frequently much difficulty in feeding new corn and sometimes new oats to these animals. If a ration consisting partly of new and partly of old crops can be used, there will be little danger of bad results.

A little later in the season when the eather becomes cool and when corn fodder is available, the ration may consist largely of corn fodder with a little grain. It does not pay to allow the animal to become thin, but neither is it profitable to feed expensive Experiment a little and see if good maintenance ration cannot be secured from corn fodder, clover hay, ng possibly a little oats and corn. If alfalka is available it may take the

place of grain to a large extent.

The treatment of colts during the fall and winter is different. These animals are growing and must be given | Star.

oats, clover hay or bran, so as to sup ply material for building up bone and uscles. A corn diet is a little too heating for colts, but there is little harm in feeding some corn. If a few roots, such as carrots can be secured and kept for horses and colts during the winter, the result will be entire-

ly satisfactory. For horses and colts not at work, a very warm barn is not necessary. Anyone who has had experience in wintering horses knows that animals allowed to run in the open field with a warm shed will do very nicely. A heavy growth of hair results, which is a great protection in cold weather and also when rains are frequent. The pure air in these open fields is a factor in the healthfulness of the herd during the winter,-American Agricul-

A Talk on Farm Rations, Many products of farms are sent

away, and often come back again to be used on the very places upon which they were grown. The farmer sells his wheat and buys the bran therefrom to be used as food for stock. The various experiment stations have given special attention to these feeding stuffs during the past 10 years, and affirm that it is one of the most important matters affecting the interests of farmers, the New Jersey station having issued a special bulletin on the subject. The purchase of feeds, either to supplement home-grown produce or to provide the entire amount of concentrates needed, requires that care should be exercised in order to obtain the most economical results. It is now fully recognized that feeds rich in protein should be added to the homegrown products if they are to be utilized to the best advantage, since, under average conditions, the crops grown of both grain and straw contain so great an excess of the carbohydrates, or starchy substances, as to make their exclusive use wasteful. The feeds that are best adapted to this end -those rich in protein as a ruleconsist of residues from the manufactures of some specific product-from the seed of grain, as, for example, or oil from the cottonseed and the flaxseed, starch or sugar from corn, beer from barley and flour from wheat, rye and buckwheat. All of these feeds, which include cotton seed meal, linseed meal, dried brewers' grains, the gluten meals and feeds, and the various kinds of brans and middlings, are very much richer in the compound protein than the original seeds or grains, because the oil, starch, etc., extracted leave the substances rich in protein.

In order that valuable information may be furnished the farmers concerning the protein foods offered for sale the station sampled and analyzed the stock of different dealers, beginning as far back as 1885, which showed that, as a whole, they were of average good quality. A study of the composition and value of dried brewers' grains showed the products to be rich in the compound protein, being an excellent food for horses as a substitute for oats, and a much more satisfactory product for dairy cows than the wet grains. In regard to the gluten meals or feeds it was shown that, while all were derived from corn, there were four distinct classes-first, the gluten feeds, which consisted of the entire residue. Incuding the hull, skin and germ; second, the gluten meals, which did not contain the hull or germ, and, therefore, were still richer in protein than the feeds; third, the corn oil meals and cake, which consisted of pressed corn, and were proportionately richer in fat than the feeds or meals; and fourth, the corn brans and corn germs, which consisted chiefly of the hulls and germs, and were poorer in both fat and protein than the others. Buyers should aim to purchase from reliable parties, although investigation shows that but little direct adulteration has been attempted, but there are variations in the quality of foods of the same name which may place an inexperienced buyer at a disadvantage.

Various tables, showing the average protein and its value, have been published, recommending that all such foods should be sold under a guarantee, the farmers, when buying feeds, to select those which furnish the prote'm the cheapest, as this is the substance desired more than any other when the feeds are purchased for the purpose of enriching the rations made from home-grown produce. While it is impossible to obtain feeds which do not contain more or less of the other compounds-fat and carbohydratesthe purchase is virtually that of protein. Protein foods, however, must be used with care. Cottonseed meal, gluten meal, linseed meal and gluten feed may be fed in larger amounts than some of the others. The Chicago gluten and the cottonseed and linseed meals should be used in rations for dairy cows not to exceed two to three pounds per day. A comparison of their composition shows that the gluten meals, at an average cost of \$18.75 per ton, furnish the protein at a less cost than any others, while cottonseed meal, at an average cost of \$15.70, third in order, and linseed meal fourth, at an average cost per ton of \$28.85. Other points, however, should be considered, such as their general adaptability and their content of mineral constituents, and if these are taken into account cottonseed meal come first, linseed meal second, gluten meal third and gluten feed fourth, much depending, however, upon the prevailing market prices at time of purchasing, as prices fluctuate.-Philadelphia Record.

A Sympathetic Sentiment. "I'm crazy about music!" said the girl who always uses an exaggerated

form of speech.

"After hearing you practice," said
her father, "so am I."—Washington

HOVSEHOLD HINTS

Dainty Inches Suga Little sachet bags of thin silk may be hung unobtrusively upon the backs of chairs to supply a faint, clusive scent to a room, if that is liked. These should be filled with dried leaves of sweet geranium, lemon verbena and lavender mixed, or of the lemon verbena alone if that delightful odor is preferred. They make sweet sachets for the handkerchief box or the linen closet and the bureau drawer.

To Make a Cork Fit. To make a small cork fit a large botde, and vice versa, it is common practice to trim the sides of a cork when it is too large for a bottle. Generally the knife is dull, and the cut irregular. A simpler way is to cut a wedgeshaped piece out of the cork at its lowend. If the cork is very large, cut out an additional wedge at right angles to the first. This will make a perfect non-spilling stopper.

To Wash Pillows. To wash a pillow or bolster, double sheet and sew one side and ends together, leaving an opening on one end a little more than the width of the pillow. Open the pillow, sew the two together, and shake the feathers into the sheet. Wash thoroughly in sonnsuds, rinse, wring with machine and dry in the sunshine, shaking often to lighten the feathers. Before returning the feathers to the tick, coat the inside with thick flour paste and let dry or what is better, rub the inside surface with melted beeswax so the fluff and feathers will not work through.

The Science of Builing.

One hundred years ago Count Rumford pointed out that in Munich, where his experiments in cookery were made, water boiled at 209 1-2 degrees, on account of its elevation, while in London It boiled at 212 degrees. This means, according to Bridget, that boiling water is hotter in London when it boils. She thinks that to boil a thing the only way is to boil it hard; the more the water spouts from her double boiler or splashes in her kettle, the more the food is being cooked. To make the water bubble more fire is neededmore fuel is consumed. If you can in any way succeed in the assimilation by Bridget of some common sense in cookery your coal or gas bills will be smaller. Perhaps you might prove to her by an experiment. Place a piece of meat in each of two bollers-equal quantity of water and same weight of meat. After the water in each has become boiling hot, place one boiler over a small flame, and the other over a red hot cover. The latter will of course both vehemently enough to please Bridget, and the other will keep at a condition where the surface is only spasmodically rippled. She will be surprised that both meats will be thoroughly cooked at the same time, while the latter will be much better cooked. Let it be remembered that violently boiling water is no hotter than water boiling hot.—Deshler Welch, in Good Housekeeping.



Sweet Potatoes-Remove the skin in long slices and put them in the frying pan with plenty of butter; dust them with salt, pepper and plenty of white sugar; turn them carefully and cook until nicely browned.

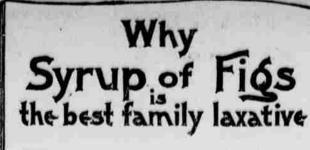
Boiled Cod-Choose either head and shoulders, or a small whole fish; after having cleaned it well, put it into a fish-kettle with warm, salted water; let it boil from 25 to 30 minutes, or longer if the fish is very thick. Serve on a hot dish covered with a fish doily, and garnish with siice of lemon and parsley.

Stewed Squash-Pare, seed and quarter. Cook in boiling water, saited, until soft. Mash in a colander. Rub through it and put back into a saucepan, with a tablespoonful of butter rolled in flour; a few teaspoonfuls of milk, pepper and salt to suit taste. Stir until it begins to bubble, then pour into a deep dish.

Buttered Parsnips-Wash and boil in cold salted water from three-quarters to an hour. Skin and cut into round, thick slices. Have ready in a saucepan a tablespoonful of butter, and one tablespoonful of flour, previously rubbed together, and two tablespoons of milk. When it boils up put in the parsnips and shake over the fire until smoking hot. Serve hot in a covered dish.

Chicken Salad-Mince the white meat of a chicken fine, then chop the white parts of celery and prepare a of hard-bolled eggs smooth with a spoon; put to each yolk one teaspoonful of made mustard, half as much Beware of the dealer who tries to sell "something just as good." olive oil. Put the celery in a saladbowl, lay the chicken on that, then pour over it the dressing. Lettuce cut small may be used in the place of celery, but the latter is much more delicious. Cut the whites of the eggs in rings to garnish the salad.

Dresden, Germany, has set a comendable example by placing clocks in all the electric street cars.



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HAD A ROUGH EXPERIENCE.

An English Newspaperman Got Into All Kinds of Trouble.

Thomas J. Minnick, an English newspaper man, sought glory by imitating the old-time American reporter's trick of having himself locked in a Belgian madhouse to secure a sensation. The doctors, however, "got on" to Thomas and to teach him a lesson dosed him with voraiting powders. Next he was put on a diet of sour herrings and no water; at night he wasn't allowed to sleep and when he complained ha was told he had a tumor in his brain and was imagining ill treatment. He would feel better as soon as tumor was cut out. When finally the doctors tried to chloroform him and made preparations to operate him, Thomas disclosed his identity But the doctors would not let him off. They sent him under guard to the police station, where he was booked as an imposter and for obtaining the county's charity under false preten-

Oil has been discovered oozing from the banks of the Coon river, near Grant City, in Sac county, la. A quart of the oil sent to Ames col-lege for analysis is said to have been found to be 80 per cent pure.

Many School Children Are Sickly. Mother Gray's Sweet Powders for Children, used by Mother Gray, a nurse in Children's Home, New York, break up Colds in 24 hours, cure Feverishness, Constipation, Stomach Troubles, Teething Disorders and Destroy Worms. At all druggists', 25c. Sample mailed FREE, Address Allen S. Olmsted, Le Roy, N.Y.

Monterey, Mexico, is to have an electric railroad system thirty miles long, calling for an expenditure of \$6,500,000.

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure. F. J. CHENET & Co., Props., Toledo, O. We, the undersigned, have known P. J. Che.

We, the undersigned, have known P. J. Cheney for the last 15 years, and bolieve him perfectly honorable in all lusiness transactions and financially able to carry out any obligation made by their firm.

WEST & TRUAY, Wholesale Druggists, Toledo,

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WALDING, KINNAN&MARVIN, Wholesale Druggists. Toledo, Ohlo.
Hall's Catarrh Cure is taken internally, acting directly upon the blood and macous surfaces of the system. Price, 75c. per bottle.
Sold by all Druggists. Testimonials free.
Hall's Family Pills are the best.

The United Irish League claims to have 1,326 branches.

FITS permanently cured. No fits or nervous-ness after first day's use of Dr. Kilne's Great Norvellestorer. & Ztrial bottleand treatise free Dr. B.H. KLISE, Ltd., 931 Arch St., Phila., Pa.

A lovers' quarrel often serves to break the monotony of happiness. Mrs. Winslow's Soothing Syrup for children teething, soften the gums, reduces inflamma tion, allays pain, cures wind colle, 25c, a bottle

It is much easier to expound the truth than to nail a lie. Piso's Cure cannot be too highly spoken of as a cough cure.—J. W. O'Brigs, 322 Third Avenue, N., Minneapolis, Minn., Jan. 6, 1933

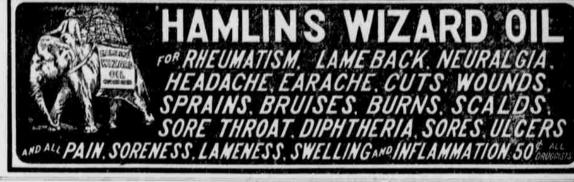
Hearing, as a rule, is more acute with the right than with the left ear

Old Sofas, Backs of Chairs, etc., can be dyed with PUTNAM FADELESS DYES. The English language is spoken by 115,-



The Slang Dictionary of Slang. Only Dictionary of the kind published. Contains hearly 46 the detected slang words and phrases with definitions. Instructive as well as amusing. Price 10 cents, stamps or coin. Slang Pub. Co., 363 6th Ave., N. Y.

DROPSY NEW DISCOVERY; gives



NO NOON HOUR.

The Passing of This Brief Rest Novel Hotel Planned for Care of Period in Busy New York.

"There is no noon hour in the lower part of Manhattan," New York, said an old restaurant man, who has supplied luncheon for business men and clerks for over a score of years. We used to do seven-eighths of our business between noon and 1 o'clock, but now the luncheon hour extends from 11 to after 3-to after 4 in the Wall street section. I can remember well when in all offices and business houses work ceased at the stroke of 12, and was resumed at 1 o'clock sharp. Now the noon hour is ob-served only in shops and factories. In offices and commercial houses work goes on continuously under the present day pressure of business, and the clerks and other employes go out for luncheon in relays, beginning as early as 11 o'clock, and with this change has come a shortening of the luncheon hour in most cases to three-quarters of an hour-sometimes to half an hour. The chiefs and employers, as a rule, eat late-most of them about 2 o'clock, and down in Wall street the brokers seldom get luncheon until after the exchanges close."

Strongest Jall on Earth.

quartz rock of a hillside. The entrance is through a box-like vestibule built of heavy masonry and equipped with three sets of steel gates. The floor of the rock-bound jail is of cement, and the prisoners are confined exclusively in the larger rooms. Some of the most desperate crim-inals on the Southwest border have been confined in the Clifton jail, and so solid and heavy are the barriers to escape that no one there has ever attempted a break for freedom. The notorious Black Jack was there for months. The wall of quartz about the jail is 15 feet thick. Clifton is one of the great copper mining camps in Arizona, and has the rep-utation of being as depraved a community as yet exists on the frontier of civilization. In summer the mer cury there frequently rises to 120 in the shade, and in the winter never goes below 40 degrees.

Built Thousand Years Ago.

Captain Francis Tuttle, of the rev enue cutter Bear, during her recent trip in the Arctic seas, found a house built by human beings probably thousands of years ago. It was partially embedded in a cliff fronting on the ocean, 15 miles southeast of Point Barrow. The cliff rose sheer 70 feet above the ocean. Forty feet above tidewater and 30 feet from the top of the cliff one end of the house was exposed. The ribs of an enormous whale were used for a frame work, and over these skins had evidently been stretched.

"Bush" Doctoring in Jamaica. "Bush" doctoring in Jamaica is a mysterious practice to which grave penalties, as well as rich profits, at-tach. Its chief exponent has just been fined \$75 for breach of the medical laws, and certainly cannot com plain of the wording of the indict-ment. His plan was to stand his pa-tients along a platform, "mutter in an unknown tongue," and to figure out the diagnosis in the sand with a

WOMAN'S RIGHTS IN RUSSIA.

Women's Health.

The latest development of the woman's rights question in Russia has taken the form of a novel pro-posal planned by the "Society for the Care of Women's Health." It is proposed to build a kind of a hotel where only women may live, and of which the shareholders are to be exclusively women. Shares in the company will be subscribed for in the form of rent for rooms, and at the end of ten years, by which time the shares will be felly paid up, tenants will be al-lowed to subject their apartments on condition that the new tenant is also a woman. The building will be designed by a woman architect, and only women servants will be allowed to be employed there. The rules of the establishment with regard to the exclusion of men will be strict, reminding one, indeed, of the cloister regulations of the Middle Ages. The building is to be commenced in the spring.

A New Gold Field.

Fish, gold and whales abound along that portion of the North Siberian coast westward of Behring straits. Wonwerful stories are coming from that section concerning the abundance of each. If all these stories are Graham county jail, at Clifton, true there will be a rush of gold Ariz., is unique. It comprises four seekers and whale seekers. The large apartments hewn from the solid quartz rock of a hillside. The enfarmed out the control of gold territory to prospecting companies, and they are hard at work. That government prohibits anyone else but Russians from catching salmon. labor, and large numbers of coolies are being hurried there to freeze and work for their living.

> Litter for horses and cows is to be made from spent hops at Dublin.

Mother

"My mother was troubled with consumption for many years. At last she was given up to die. Then she tried Ayer's Cherry Pectoral, and was speedily cured."

D. P. Jolly, Avoca, N. Y.

No matter how hard your cough or how long you have had it, Ayer's Cherry Pectoral is the best thing you can take. It's too risky to wait

until you have consump-tion. If you are coughing today, get a bottle of Cherry Pectoral at once. Three sizes : 25c., 50c., \$1. All droggists.

Consult your doctor. If he says take in then do as he says. If he tells you not to take it, then don't take it. He knows, Leave it with him. We are willing. J. C. AYER CO., Lewell, Mass.

P. N. U. 3, '03,

Boat Cough Byrup. Tastes Good. Use in time. Sold by druggists.

Destiny of Canada,

Canadians have organized a Preference League, with the motto, "Canada," the members pledging themselves to buy Canadian products and manufactures "when the quality is equal to, and the cost not in excess of, foreign articles." Unfortunately, these conditions seldom, if ever, occur. The manifest destiny of Canada is to become part of the United States. so as to offset our acquisitions in the Southwest. The sooner the fact is recognized and the nobler motto, "All America for Americans," adopt-ed, the better for both countries.

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